



Healthy Child Care NEWSLETTER



Fall ★ Missouri Dept. of Health and Senior Services ★ www.health.mo.gov ★ Volume 20 Number 3

Putting the “Professional” in Professional Development

By Beth Ann Lang, Child Care Aware® of Missouri

What is a professional? The Business Dictionary defines a professional as “a person who has achieved a high level of skill in a specific field.” A professional is someone who has mastered more than the basic skills associated with their line of work. Professionals are those whose abilities can be measured through established standards. So, a professional is someone who goes beyond the basic understanding of their field to attain a higher level of awareness.

What makes a person working in early childhood education a professional? One’s level of education and training is the most common indicator. The more you have learned, the more you can apply to your work with children and families. Education can be formal - college courses and degrees, certification, and continuing education units, or informal – earning clock hours through professional conferences or training sessions. Experience, the number of years one has worked in child care, can also be an indication of professionalism. The longer you work in a specific field, the more you train, learn and apply your knowledge.

In Missouri, educators at licensed child care programs must earn a minimum of 12 approved clock hours of training annually. To make these hours the most impactful for you, follow these simple tips:

1. Make sure you attend training on different topics each year. Time is precious. Make the time you spend count by learning about new subjects. It will be time well spent.

2. Attend training that meets the needs of the children and families you serve. For example, if you work primarily with preschool children, focus at least 50 percent of your training hours on topics directly relating to children three to five years old.
3. With the other 50% of your annual clock hours, choose topics that broaden your understanding of children and early childhood development. For example, attend training on brain development, emergency preparedness or the importance of mental health for young children. Variety will not only expand your understanding but it will keep learning interesting.
4. Do not limit yourself to only 12 clock hours a year. The more you know, the more you can use to make the child care you provide the best it can be for the children, families and you.
5. Make a list of the topics you are interested in and keep track of what training you have taken. Search the Missouri Workshop Calendar at www.moworkshopcalendar.org for different subjects of interest. You can create your own professional development plan simply by tracking the subjects you want to learn more about.
6. Consider taking an online class to expand your abilities and access to different topics.
7. Keep track of your annual training through the Missouri Professional Development Registry at

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Social/Emotional Learning in Afterschool

Submitted by Missouri Afterschool Network

Bullying has been around for ages. The “traditional” image of the bully was a much larger person, often a boy, who would employ his physical strength to get what he wanted from those smaller than he was. Bullying was mostly confined to the playground or the hallways of the school. It was long dismissed as kids being kids. Often, questions asked of the bullying victim were along the lines of “What are you doing to bring this on yourself?”. The “fix” was to give a detention to, or suspend, the bully and then to tell the victim to stand up for himself/herself or to avoid the bully as much as possible. Times have changed.

October is bullying awareness month. In schools across America, students will listen to presentations by guest speakers, engage in activities designed to raise awareness of what bullying is, and practice ways they can call out bullies and stand up for themselves and others. They will learn about physical bullying, verbal bullying, social bullying, and cyber bullying. They will sign anti-bullying pledges and posters. Students will be given tools to combat a culture of bullying in their schools. This is all great. However, there is another arena that is often overlooked in the fight against bullying.

In afterschool programs across the nation, students have opportunities every day to obtain skills that will contribute to their ability to get along with and look out for the best interest of others. Because of the nature and structure of most afterschool programs, it is a natural place for staff and students to focus on Social and Emotional Learning (SEL). Afterschool programs are often collaborative and active places. This allows students to practice teamwork, emotion management, and empathy. It allows adult staff the opportunity to model these same traits and to teach students about the importance of respect for themselves and others.

In “Preparing Youth to Thrive: Promising Practices for Social and Emotional Learning”, published by the Forum for Youth Investment (2016), six areas of SEL are highlighted. Those areas are Emotion Management, Empathy, Teamwork, Responsibility, Initiative, and Problem Solving. Afterschool

programs are a fantastic place to learn about and practice these pillars of social/emotional learning. Our games can teach Teamwork and Emotion Management. Our tutoring and homework time can teach Responsibility and Initiative. Students learn about Problem Solving by engaging in enrichment activities that are beyond what happens in the traditional daytime classroom. In regard to the previously mentioned bullying issue, students get to see others outside of a classroom setting, get to know one another better, and build strong relationships. This builds Empathy and understanding of others’ lives. These six skills are beneficial, not only to the bullying victim, but also to the bully.

The world of afterschool has been working in these areas of social/emotional learning for many years. Now that there is a name for many of the skills that have been taught and learned in afterschool programs (Social/Emotional Learning), we can specifically address many areas that cause issues for our students. Afterschool programs are a place where all students can learn to thrive socially and emotionally, including those who are bullied and those who are bullies.



Inclusion – Helping Students Succeed!

Lisa Eberle-Mayse, United 4 Children

We know that children come in lots of different shapes and sizes; that they learn in different ways; that they have different temperaments; that they are sometimes challenging. But how do we know when it's time to ask for some help in meeting their needs in our child care programs?

Missouri's Department of Health and Senior Services provides Inclusion Specialists throughout the state to support early childhood professionals in working with children with special needs—but who are “those kids,” and how do you access assistance?

Basically, the Inclusion Specialist can provide support and assistance with any child that you have questions or concerns about. And that support can take a variety of forms:

- We can discuss general questions about child development or special needs over the phone or by email. For example:
 - * What's typical? What's not?
 - * What can I do with a biter?
 - * How can I help a child with separation anxiety?
 - * I have a new child with Down syndrome—what do I do?
- We can do a general classroom observation and offer general feedback and suggestions to help you implement positive behavior management and social-emotional teaching strategies. For example:
 - * What is a visual schedule and how could it help?
 - * How do you use centers to keep kids engaged?
 - * How can you turn transitions from disasters to fun?
- With written permission from an individual child's family, we can do child-specific observations and work with you to develop an individual plan to meet that child's needs within your inclusive setting.
 - * We always start by looking at the great things that are already happening in your classroom or family home, and build on those to ensure that all children's needs are met.
 - * We may point out ways you can modify your environment or routine to meet the child's needs without disrupting regular flow of the day.
 - * We may suggest some “sensory” solutions to help the child focus.
 - * We may gather information from other professionals working with the child to see if we can adapt any of their strategies to use in your classroom.
 - * We will always work with you to develop solutions that work for the individual child, but that also enhance the learning of all the children in your care.

So, the next time you find yourself thinking, “I wish I had someone to help me with....” Go to www.united4children.org to find your local Inclusion Specialist and give us a call!

Professional Development continued from page 1

www.openinitiative.org. Take that next step as a professional by creating your account and managing your clock hours.

No matter what you choose to learn about, make your annual professional development work for you. Being a

professional means growing in knowledge and applying what you learn to make the education children receive the most useful in preparing them for life. As an early childhood educator, you hold the keys to success for children. Make the time you spend growing as a professional count. Put the “professional” back in your professional development.





Join now to learn strategies and gain resources for making healthy changes and promoting health to kids, families and staff.

What is 12345 Fit-Tastic? This Healthy Lifestyle Initiative (HLI) is a movement to work with partners to share a consistent message about health. By signing up as a partner, you receive tools and resources to help you reach your goals. You can use the website to download family education materials, sample newsletters, brochures, posters, event guides, and sample activities for your program to use.



Eating right and being physically active can be a challenge in today's busy world. To address this, the HLI focuses on a consistent and simple message. The **12345 Fit-Tastic!** message is a call to action, a quick, fun way to focus on what is important, and a reminder that a healthy lifestyle is dependent on multiple things.

The message includes 5 behaviors we can all engage in each day (designed for ages 2 and up):

- 1 hour or more of physical activity
- 2 hours maximum of screen time
- 3 servings of low or nonfat milk or yogurt
- 4 servings of water not sugary drinks
- 5 servings or more of fruits & vegetables



We encourage your program to work to incorporate the 12345 Fit-Tastic! healthy habits into your day and provide information to families. Others in your community may be working on this Initiative, making partnerships more likely.

Sample First Steps:

- ☐ Visit www.FitTastic.org and sign up as a partner. Look at the materials available to you under the "Resources" tab.
- ☐ Share the 12345 Fit-Tastic! message and create a Fit-Tastic! environment.
- ☐ Hang 12345 Fit-Tastic! posters where children and families can be reminded of healthy habits.

Sample Next Steps:

- ☐ Encourage all adults to role model 12345 Fit-Tastic! healthy habits.
- ☐ Integrate the 12345 Fit-Tastic! message into your existing daily activities.
- ☐ Encourage staff and families to use provided trackers or goal sheets to stay motivated with their healthy behaviors.



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at www.FitTastic.org

Follow us on



INJURY PREVENTION

Department of Health and Senior Services Section for Child Care Staff



As a caregiver, your most basic responsibility is to ensure the health and safety of the children in your care. According to the Center for Disease Control, 9 million children ages 0-19 are treated in the emergency departments for unintentional injuries each year. While not all injuries can be prevented, a lot of them can! Most injuries occur as a result of an unsafe environment, children participating in activities that are not consistent with the child's developmental level, or lack of supervision on the part of the caregiver.

Some injuries occur as a result of unsafe elements in the child care space. Take a look around your home or classroom, including the outdoor play area, to look for potential hazards.

- Secure cords on blinds out of reach of the children.
- Anchor any large or heavy objects

that might be pulled over onto a child.

- Conduct daily checks of the play area inside and out to assess the condition and remove broken toys or equipment as soon as you notice it is unsafe.
- In mixed age groupings, extra diligence is required to ensure older children are able to have age appropriate items while keeping the younger children safe. If you have an area that is used by different age groups at different times it is important to put away items that might not be safe for younger children to use.

Children like to mimic what they see other people do. When a child attempts to participate in an activity that is not consistent with the child's developmental level, oftentimes he/she may become injured. Learning limits is a part of growing up! As a caregiver it is important to communicate what the children can do, as well as what they cannot. Children will want to imitate your behavior as well. Sometimes caregivers sit on a shelf or table in the classroom and become surprised when children climb on the furniture.

Supervision of the children is always important, but it can play a key part in keeping the children safe from injury. The classroom or child care space should be set up so that children can explore freely and children should be taught the safe use of the toys and equipment. Caregivers must constantly monitor that things are being used safely and correctly. Position staff so that all areas are visible or move around the space if you are the only caregiver present.

A comprehensive injury prevention plan is helpful to ensure a safe environment and minimize accidents. Written policies and procedures should identify daily expectations for all staff, the process for reporting broken items or concerns, requirements for reporting injuries to parents or guardians, etc.

Staff should conduct a physical check of the premises inside and out. At a minimum, be sure to check:

- All cleaning products, medications, and any other poisonous items are stored securely.
- Inspect toys to ensure there are no broken items or loose pieces.
- Examine equipment to verify that there are no rough edges or broken parts.
- If you have stairs, confirm the door or gate is secure to prevent children from falling down the stairs.
- Are smaller toys that could cause choking out of the reach of younger children?
- Are there any tripping hazards?
- Is the fence in good repair and are the gates closed?
- Is the surfacing under any equipment a child may fall from in place and at the proper depth?
- Verify there is no animal excrement or foreign objects such as trash or broken glass.
- Check that there is no standing water present.

Keeping children safe is everyone's responsibility. Working together, we can ensure safe environments for children to grow and flourish.

Show Me Child Care Resources

Do you run a child care business and need to save time and money? Are your teachers looking for new ideas? Do you need resources for your business? With a monthly membership to Show Me Child Care Resources you can access the following:

- Board information – forming, recruitment, best practices, training, and templates for policies, forms and job descriptions
- Business Operations – budget templates and tools, business plan template and tools, strategic planning step-by-step guide
- Risk Reduction guide
- CACFP guide
- Parent and employee policies that are customizable
- Human Resources - policies and handbooks, interview guides, job descriptions, performance appraisals, discipline and termination guides
- Buying power of more than 25 states – discounts on everyday items such as office and classroom supplies along with big ticket items like playground equipment; discounts on other services like phone
- Telemed insurance available to offer to teachers
- Discounts to teachers for personal purchases
- Family engagement tools, customizable family nights, posters, communication tools
- Marketing resources – all customizable and how-to's
- Accreditation resources
- Community Groups/peer support

Learn More!
Child Care Aware® of
Missouri Resource Center
1-866-892-3228
Robin Zellers
CEO/Executive Director

Be a
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[www.health.mo.gov/
breastfeedingfriendlychildcare](http://www.health.mo.gov/breastfeedingfriendlychildcare)

Missouri
**Breastfeeding
Friendly**
Child Care

 Missouri Department of Health and Senior Services

Local Public Health Agencies

Jessi Kempker, BSN, RN, Missouri Department of Health and Senior Services' Center for Local Public Health Services

Local Public Health Agencies (LPHA) are locally based, not-for-profit health departments or centers that are committed to serving and addressing public health needs within their community. They work to prevent, promote, and protect the health of the community in which they serve, by continually assessing the health and well-being of those in their community. They function with an overall goal of ensuring the best possible health outcomes. LPHAs are able to do this by offering a variety of services including, but not limited to: Disease prevention, environmental safety, health care services, education, and emergency planning.

Although it may not be well known, LPHAs can be a great resource for child care providers because of their vast role in the community. They offer a number of services to child care providers and many of these services are free of cost. Specifically, the Child Care Health Consultation (CCHC) Program offers three different services to child care providers: Health promotions, health issue trainings, and

consultations. Health promotions are short, educational trainings offered to the children within the child care facilities that promote health and safety. Health issue trainings, often referred to as clock hours, are health and safety trainings offered to the child care providers in effort to help meet their annual required continued educational trainings. Consultations are encounters in which assistance is provided to the child care provider. There are two types of consultations: Specialized and technical. Specialized consultations are face-to-face encounters with the child care provider. Technical consultations are encounters that occur via mail, e-mail, or phone. Consultations may range from discussing a disease occurring within the child care facility, to offering assistance in developing a new safety policy for the child care facility. This is just an example of one specific program that a LPHA may have that would benefit a child care provider. So, do not be afraid to reach out to your LPHA, they offer a wealth of information and services specifically tailored to many needs of child care providers.

Extension Cord SAFETY

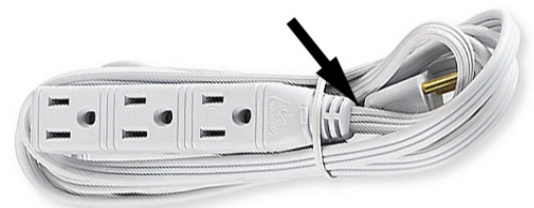
Greg Dickens, Deputy Chief, Fire Inspection Unit

As summer gives way to fall the State Fire Marshal's office would like to remind everyone about extension cord safety. Extension cords are designed to be a temporary solution to a problem. **Extension cords are not designed to be a permanent installation. Most extension cords are designed for interior use only.** If you must use an extension cord make sure the extension cord is rated for the item being plugged in.

Many extension cords are not rated or designed to be used with any appliance. It takes a specially designed extension cord for a microwave or refrigerator to operate safely while being plugged into an extension cord.

A large number of extension cords are designed for light duty use, which means they are designed for a single item to be plugged in like a lamp or your cell phone charger. When you need to plug in more than one item you should consider using a UL approved power strip not an extension cord.

Use the shortest extension cord possible to satisfy the need. Do not use a one hundred foot (100') cord when all



you really need is ten foot (10').

If you are using an extension cord to power decorations outside make sure the cord is designed to be used outside in the weather. Make sure it is rated for whatever you will be plugging into the extension cord. Be certain you place the extension cord so no one will be walking on it and it is not a trip hazard for anyone walking past.

NEVER use an extension cord that has wires exposed from the inside of the cord. Always make sure all the prong are present and in good shape when using an extension cord. Never place an extension cord under a rug or mat this will cause excessive wear on the insulation around the wires. Never place an extension cord so a door closes against it this too can cause excessive wear to the insulation.

Also remember in child care facilities that are inspected by the State Fire Marshal's office **extension cords are not approved to be used.**

Sustaining Breastfeeding Together

Lisa Schlientz, State Breastfeeding Coordinator

In August, Missouri celebrated World Breastfeeding Week, coordinated by the World Alliance for Breastfeeding Action, and Missouri Breastfeeding Month, coordinated by the Department of Health and Senior Services. All over the state, health departments, hospitals, WIC agencies and peer support groups gathered to support, promote, and protect breastfeeding mothers and babies. As a childcare provider, you are a crucial part of the support network that Missouri mothers rely on. Returning to work or school is a stressful time for mothers and babies, and can lead to early weaning. Your support and encouragement can be the reason why a mom chooses to continue breastfeeding. Here are some important things you can do to help moms and the children in your care.

- Be familiar with the benefits of breastfeeding. Breastfed babies receive antibodies from their mother's milk, so they are less likely to be sick, and less likely to infect other children. In addition to that benefit, breastfed babies grow at a normal rate, are less likely to have bowel problems, have stronger, straighter teeth, and receive protection from many childhood illnesses. Mothers are also at a lower risk of some cancers and may lose weight more quickly while breastfeeding.
- Support new moms. Childcare is your normal business, but it's a new stressor for new moms to leave their young babies. Breastfeeding helps mom reconnect to her infant at the end of the day, as well as helping her feel like she is caring for her baby as she pumps throughout the day. Ask moms how much baby normally takes when bottlefed, and offer only that amount. For a small baby, it will probably be around 2-3 ounces per feeding. Ask if she'd like you to avoid giving a bottle at the end of the day, so she can nurse as soon as she picks up her baby. Remember, if you participate in the Child and Adult Care Food Program (CACFP), this feeding can count as a meal for the infant.
- Communicate frequently with moms. Talk to moms frequently about how her baby is doing with bottle feeding. If you have room for her to bring some extra breast milk to keep in the freezer, let her know that's possible. Be sure to let mom know how you need for her to label her milk when she brings it in.
- Provide encouragement. Let her know how proud you are of the work she's doing to provide milk for her baby. Talk to her about how well her baby takes her milk, and how happy it makes her baby.

- Be patient. Some breastfed babies need a little extra time to learn how to take a bottle, and they may take a little longer to feed. If the baby is having trouble taking a bottle, ask mom for a t-shirt she has worn, and snuggle baby up in mom's scent while you offer the bottle. It may be helpful to try fresh (refrigerated) milk if the baby refuses frozen milk at first.
- Create space for breastfeeding moms, both clients and employees. Many moms will be comfortable nursing anywhere in your facility, but some may be more comfortable in a private space. Employees may breastfeed their own babies while at work, or may prefer to pump. Having a small, private space set aside ensures that all moms are comfortable. A lactation space can be very simple, and only needs a comfortable chair, a small table to set a pump on, and an electrical outlet. If a separate room isn't practical, private space can be made with movable panels or curtains.
- Make changes; get recognition. The Missouri Department of Health and Senior Services recognizes childcare centers that provide a breastfeeding friendly environment. You can find out more about that program and get help in making changes here: <http://health.mo.gov/living/wellness/nutrition/breastfeedingfriendlychildcare/index.php>.

Your knowledge and support make a difference in the lives of Missouri moms and babies. Mothers need support, not just from those close to them, but from their whole community. Missouri is proud to be a leader in breastfeeding support.

For more information on Missouri's Breastfeeding Support Programs, look here: <http://health.mo.gov/living/families/wic/breastfeeding/>.



Recalls

Unsafe Products, and How to Obtain Recall Information

The U.S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. The CPSC issues approximately 300 product recalls each year, including many products found in child care settings. Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be lent or given to a charity, relatives or neighbors or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending or selling recalled products. You can contact the CPSC to find out whether products have been recalled and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information. It is the responsibility of child care providers to ensure that recalled products are not in use in their facilities.

The CPSC's toll-free hotline is available at 800.638.2772. The hearing impaired can call 800.638.8270. Information also is available on the CPSC website at: www.cpsc.gov.

This quarter we are highlighting a product that has recently been recalled and is commonly found in child care facilities.

The itty bittys baby stacking toys have fabric hats and bows that can detach

Recall date: August 31, 2017

Recall number: 17-216

Recall Summary

Name of product:

itty bittys® baby plush stacking toys

Hazard:

The toys have fabric hats and bows that can detach, pos

Remedy:

Consumers should immediately stop using the recalled toys and take them away from children. Contact Hallmark to receive a prepaid shipping label for returning the recalled toy and for a \$40 Hallmark Gold Crown gift card.

Sold at:

Hallmark Gold Crown stores nationwide and online at Hallmark.com and Amazon.com from June 2016 through July 2017 for about \$30.



Handi-Craft Dr. Brown's bottle cleaning kit

Recall date: August 30, 2017

Recall number: 17-215

Recall Summary

Name of product:

Dr. Brown's Natural bottle and dish soap

Hazard:

The bottle and dish soap can contain harmful bacteria. Exposure to bacteria poses a risk of respiratory and other infections in immunocompromised individuals.

Remedy:

Consumers should immediately stop using the recalled bottle and dish soap and contact the firm for instructions on receiving a replacement bottle of reformulated dish soap or comparable merchandise of equal or lesser value. Bottles and dishes cleaned with the recalled soap should be boiled or sanitized in the dishwasher.

Sold at:

4 Our Little Ones, Babies R' Us, Bebeang, Buy Buy Baby, Drugland Pharmacy, Family First Pharmacy, Global Nutrition Trading, Macro and Turquoise stores nationwide and online at Amazon.com from September 2016 to June 2017 for between \$3 and \$7.



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Recalls continued

Fabri-Tech Recalls Infant Rompers Due to Choking Hazard; Sold Exclusively at Cracker Barrel Old Country Stores

Recall Summary

Recall date: August 29, 2017

Recall number: 17-212

Name of product: Infant rompers

Hazard:

The buttons on the shoulder straps can detach, posing a choking hazard to children.

Remedy:

Should immediately stop using the recalled rompers and return them to any Cracker Barrel Old Country Store® for a full refund or contact Fabri-Tech to receive a prepaid shipping label for returning the recalled romper for a full refund.

Sold Exclusively At:

Cracker Barrel Old Country Store stores nationwide from April 2017 through July 2017 for about \$20.



Recall Summary

Recall date: October 5,, 2017

Recall number: 18-004

Name of product: Bruin infant wiggle ball toys

Hazard:

The wiggle ball's rubber knobs and plastic back can detach, posing a chok

Remedy:

Refund

Sold Exclusively At:

Babies "R" Us and Toys "R" Us stores nationwide from June 2016 through January 2017.

More information can be found at <https://www.cpsc.gov/Recalls/2017/toys-r-us-recalls-infant-wiggle-balls>.



Lead Prevention

Cathy Wood, Department of Health and Senior Services

October 22-28 is Lead Poisoning Prevention Week. Lead is a heavy metal which is harmful to human health, especially for young children and the developing babies of pregnant women. Lead has harmful effects on most every body system, but most importantly, the adverse effects of decreased IQ, behavioral and learning problems caused by lead cannot be reversed. Lead can be found in deteriorating, old (pre-1978) lead paint, in soil (especially near lead-based paint on home and in lead mining areas), and in some consumer products. People may be exposed to lead through their hobbies or work environment. Lead can be found in water when old lead pipes or lead solder was used. Some containers, foods, spices, cosmetics and herbal remedies that were not made in the United States could have lead in them. Lead can also be found in some cosmetics and jewelry.



If you think your child may have been exposed to lead, talk to your doctor and ask for a lead test. If you are thinking of buying, renting, repairing or remodeling a home built before 1978, visit the EPA website at <https://www.epa.gov/lead>. For more information on lead, please visit our website at <http://health.mo.gov> or call (573)751-6102.

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This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address: health.mo.gov/safety/childcare/newsletters.php so they can print their own copy.

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Partial support for this newsletter is provided by:

